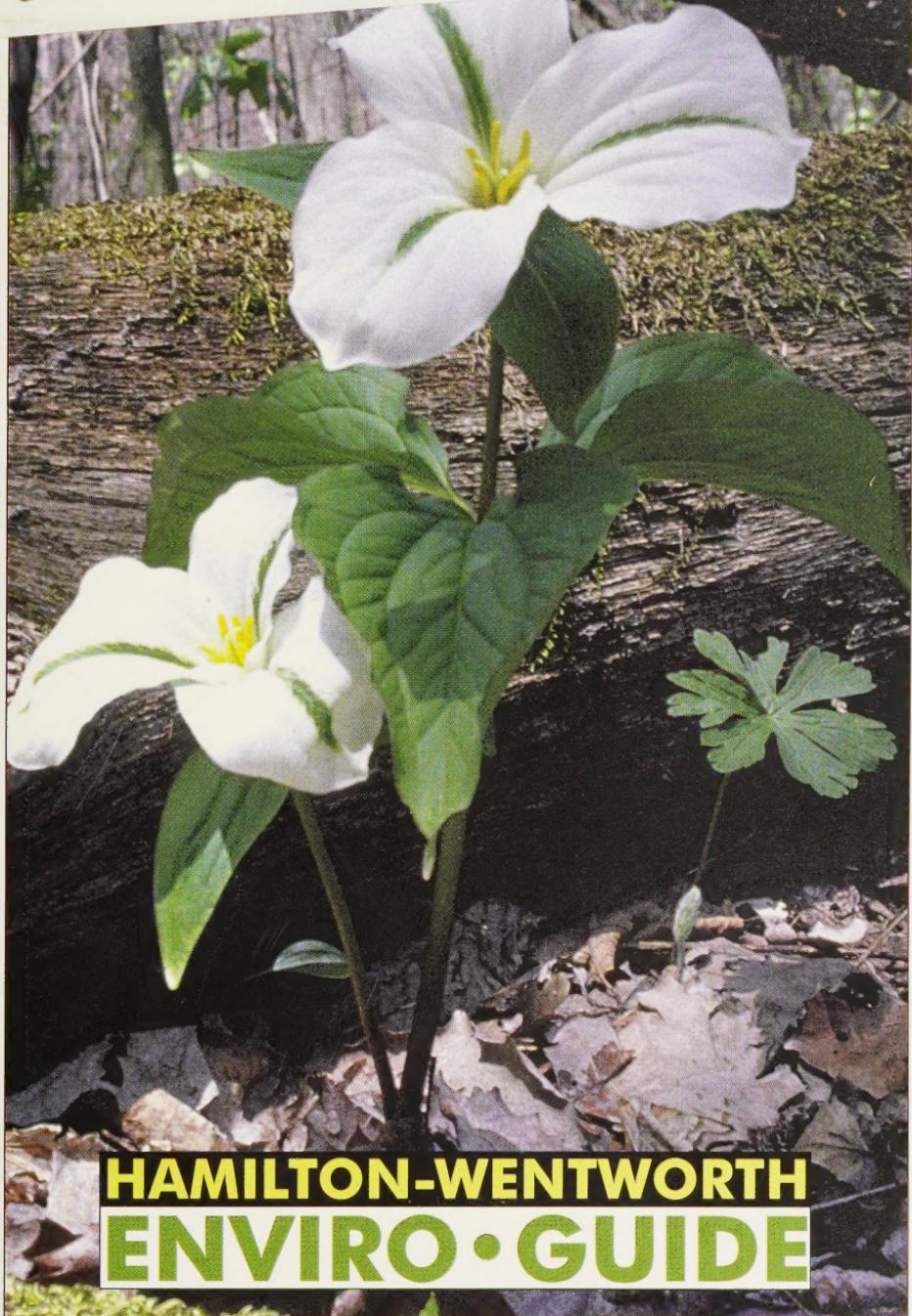


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**HAMILTON-WENTWORTH
ENVIRO • GUIDE**

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Photos supplied by: Hamilton Region Conservation Authority.



Waste Management

GARBAGE...HOW MUCH?

- North America has 8% of the world's population, consumes one-third of the world's resources, and produces almost on half of the world's non-organic garbage.
- Canadians are the largest waste generators in the world. The average family produces one tonne of solid waste each year. The Region of Hamilton-Wentworth must safely dispose of approximately 200,000 tonnes of solid waste produced by homes and businesses each year.

WHERE DOES IT GO?

Transfer Stations: The three Regional facilities receive waste from residents, industries, and businesses, and compact waste for transfer to the Region's Landfill.

Solid Waste Reduction Unit (SWARU - incineration):

Roughly 60% of the garbage collected in the Region of Hamilton-Wentworth is incinerated and the energy is used to fuel the Region's Waste to Energy (WTE) facility. SWARU reduces the volume of solid waste by 95% and generates approximately 14,000,000 kWh of electricity each year. The remaining waste is sent to the Region's landfill.

The Regional Landfill: This landfill site is located in the Glanbrook Township and covers 215 hectares, of which only 101 hectares will be used for landfilling.

WHAT CAN I DO?

As a result of our "throw away" society, landfills are rapidly filling up and pollution is on the rise. However, with a little effort, everyone can help save our environment. By participating in the 3 Rs (reduce, reuse, recycle), composting, and reducing the amount of hazardous waste used, garbage production will slow down and pollution will decline.



WASTE MANAGEMENT



REDUCE

Reduce Tips

- Reducing your garbage begins when shopping. Try buying fewer disposable products.
- One-third of our municipal waste is packaging. Don't purchase over-packaged items. Excess packaging will only fill up landfills, release pollutants during incineration, waste energy and resources, and you will pay for the hidden costs of excess packaging.

Over-Packaged Items Include:

- Packages containing single serving units.
- Packages made of two or more materials (juice boxes) since containers often are not recyclable.
- Products packaged for convenience (take-out food in foam containers).
- Products that are bulked up with packaging (cosmetics, toys).

Reduce Packaging by buying larger boxes and purchasing bulk items.

- Substitute reusable products instead of disposable ones, including razors, pens, lighters, plates, utensils, diapers, cameras, batteries, etc.
- Reduce your garbage while saving money. Buy good quality articles built to last. Initial costs are higher, but durable products are cost-effective in the long run.
- Rent or share infrequently used items (lawn mower, shredder, extension ladder) and repair all broken articles.
- Remember paper is not infinitely recyclable - don't waste it! Use both sides and cut it up for scrap.
- Store information on a computer disk and use e-mail when possible. Keep scrap paper by your computer to print out rough drafts.
- Use double-sided photocopies or reduce the size.
- Use cloth napkins instead of paper serviettes and tea towels over paper ones.
- Do not wrap gifts in "throw away" paper. Make (or buy) reusable cloth bags with fancy ties for gift giving or use the comics page from the newspaper as wrapping paper.

Reduce Tips



- Reduce (and reuse) the number of plastic bags. Use durable, reusable bags when shopping for food, clothing, hardware, or other items.
- When purchasing fruits and vegetables, take one large bag to put them in, instead of using the clear plastic bags available at the grocery store. Separate your items at the check out counter.
- Make an environmentally friendly lunch. Avoid bags or film wraps. Bring a lunch box, reusable containers, thermos, mug, stainless steel utensils, and cloth napkin. Remember to bring food scraps home to be composted.
- If you order food from a cafeteria or deli shop, take your own reusable container for it instead of wasting paper plates or plastic containers.
- Take a mug with you to work or school for beverages.

- **4.5 MILLION TREES ARE CUT DOWN EVERY YEAR TO MAKE JUNK MAIL IN CANADA.**

Refuse junk mail. To remove your name from most mailing directories, write to:

Canadian Direct Mail Marketing Association
Attention: Mail Preference Service
1 Concord Gate, Suite 607
Don Mills, Ontario
M3C 3N6

- Also post a message on your door refusing junk mail ("No flyers please"). Available at Green Venture, see Directory page 47.
- Send your unaddressed ad mail to the "Minister Responsible for Canada Post" to register your opposition to junk mail.



Reuse Tips

Reusing products extends their lives and doesn't require the energy and resources needed for recycling. Find ways old items can be useful again.

TIPS:

- Donate to charities, churches, or organizations such as the Salvation Army, St. Vincent de Paul, or Amity Goodwill. Call first for a list of acceptable items. (See Directory at end of the Enviro-Guide).*
- Try shopping at a second hand store for books, Halloween costumes, etc.
- Take any fabric scraps, ribbons, buttons, Christmas cards, old utensils, toys, old wallpaper rolls, poster paper, fancy paper (crepe, gift wrap), nuts, shells, cardboard, popsicle sticks, old magazines, etc. to nurseries, daycares, kindergarten classes, Brownies, Cub Scouts, etc. for arts and crafts. Call first to see which items they reuse.
- Share books and magazines with friends or donate them to hospitals, senior citizens' homes, or libraries.
- Reuse plastic bags, margarine and yogurt tubs, jars, or other containers for storing food, screws, nails, paper clips, coins, pencils, or other miscellaneous articles.
- Use bread or milk bags (with tops cut open) instead of plastic sandwich bags or freezer bags. Great for freezing meats, vegetables, or fruits.
- Reuse envelopes by placing a new label over the old one.
- Look for paper products with post-consumer content. (This term refers to paper which has been used by the consumer and discarded for recycling. Less desirable is post-producer paper or mill waste which are the scraps of trimmings from paper making, printing, or converting processes.)
- Take wire coat hangers back to the dry cleaners.
- Use shoe boxes as an organizer for tapes, photographs, or letters.
- Use rechargeable batteries whenever possible. Do not discard batteries in the garbage. Take them to a hazardous waste disposal depot.
- Used motor oil is recyclable. Ask your local service station if they collect used motor oil. Buy re-refined motor oil.

Reuse Tips



- Have a yard sale for those items you cannot reuse. Neighbours or friends may find good use for your unwanted goods.

Here is a list of places accepting used items. Call other facilities and ask at stores where you regularly shop. They may be able to reuse your old materials too.

REFER TO DIRECTORY AT END OF ENVIRO-GUIDE FOR LOCATIONS AND PHONE NUMBERS.

Blankets: The Wesley Centre accepts blankets, towels, and other items associated with personal hygiene.

Books: Save and donate old books to Hamilton's Central Public Library located in Jackson Square Mall. Drop them off near the entrance (first floor). The Neighbour to Neighbour Centre will also accept old books.

Egg Cartons: Take clean egg cartons (styrofoam or cardboard) to Cumbae Farms Meats for recycling. Cardboard egg cartons can also be recycled in your blue box. (For address see Directory at back of the Enviroguide)

Eyeglasses: Take clean eyeglasses that are in reusable condition to Bowes Cleaners, Jones Optix, Shorney's Optical, the Canadian National Institute for the Blind (CNIB), or LensCrafters stores. Other optical stores and optometrists will also accept eyeglasses.

Film Containers: Empty film containers with or without lids are accepted at any Black's location. Hospitals and other institutions will use them as pill containers. (Buy salt & pepper tops from any camping section of any store and use as salt and pepper shakers)

Hearing Aids: Both working and non-working hearing aids (parts are used for repairs) are accepted at the Hearing Institute or the Canadian Hearing Society for reuse in developing countries.

Metals: Any type of plumbing and electrical fixtures, nails, door knobs, etc. are accepted at any one of the Transfer Stations for recycling. Remove as much of the non-metal parts as possible and place in a special bin.

Miscellaneous: The Humane Society SPCA accepts old towels, blankets, and flannel sheets to keep animals warm; newspapers for bedding; and empty, cleaned, small cat food tins for use as watering dishes. Newspapers and tins are recycled after use. Do not include clothing, flyers, or glossy magazines with donations.



Reuse Tips

* If you cannot arrange to have your large items (chester-fields, sofas, chairs, bookshelves, mattresses, box springs, TV, stereos, scrap metals (eg. bike frames), microwave ovens, etc.) or appliances (clothes washers and dryers, dish washers, stoves, refrigerators/freezers, window mounted air conditioners, dehumidifiers, other CFC bearing items, hot water heaters) re-used, dispose of them properly via the White Goods (Appliance) Program and your local large item collection programs. (See pages 16-17).

REMEMBER TO BUY PRODUCTS MADE FROM RECYCLED MATERIALS.

More items will be recycled if there is a market for these products.

CALL:

- ☞ Blue Box Programme Inquiries/Recycling Hotline: 545-4480 (24 hours) or 546-4417
- ☞ Waste Reduction Information Service (WRIS)
(a service of the Recycling Council of Ontario):
1-800-263-2849 or (416) 960-0938

Recycling

Recycling diverts waste from landfills and saves raw materials and energy.

- Recycling an aluminum pop can is the same as saving half a can of gasoline.
- The amount of energy saved by recycling one glass bottle can operate a 100-watt bulb for four hours.
- Recycling about 2000 daily newspapers saves 19 trees.
- Recycling one tonne of steel cans saves 1.36 tonnes of iron ore and 3.6 barrels of oil.
- It takes 95% less energy to make an aluminum can from recycled aluminum than from virgin materials.

Frequently Asked Questions



ARE STYROFOAM, MILK CARTONS, TETRA PACKS, AND PLASTIC LIDS RECYCLABLE?

Styrofoam, milk cartons, tetra packs, and plastic lids are not recyclable in the Hamilton-Wentworth recycling program.

ARE THERE LIMITS TO THE AMOUNT OF RECYCLABLES YOU CAN PUT OUT?

Yes, there are limits, they include 3 bundles of cardboard per week, 2-3 large clear bags of paper or equivalent, 2-3 large clear bags of cans, glass, plastic or equivalent. If you have more than the limits you can either set them out over a few weeks or you can take them directly to the recycling depot at 1579 Burlington Street East, or any of the three transfer stations in the Region.

WHY DO WE HAVE TO BUNDLE FLATTENED CARDBOARD 2' X 2' X 8"?

Large cardboard takes up more valuable space in the truck and can cause problems with processing at our plant.

WHY DO WE HAVE TO KEEP PAPER AND CARDBOARD SEPERATE FROM CANS, PLASTIC AND GLASS?

Paper and cardboard are put in a separate part of the truck. If materials are mixed, this can cause severe problems during processing. Sorting blue boxes at curbside is not feasible considering the area we must cover and the time constraints.

IF I DON'T HAVE A BLUE BOX YET, WHAT OTHER CONTAINERS CAN I USE TO PUT OUT MY RECYCLABLE MATERIAL FOR COLLECTION?

You can use a container that is the same size as a blue box. Clear plastic bags, plastic grocery bags, a box with an open lid (comparable in size to blue box). But please do not put recyclables in garbage cans, garbage bags, large boxes, or boxes with lids shut. If recycling truck collectors can not see what's in it, they cannot pick it up.

ACCEPTABLE MATERIAL

BESIDE THE BLUE BOX:

- ✓ Newspapers, phone books, flyers, glossy magazines, white or coloured fine paper, envelopes, bag or bundle and place beside or on top of blue box.
- ✓ Corrugated cardboard. Flatten, bundle and set beside blue box. Maximum bundle size 2 ft. x 2 ft. x 8 in. high.
- ✓ Window envelopes, computer paper, soft covered books, wrapping paper, greeting cards. Bag or bundle together with newspaper and glossy magazines, etc. Set beside or on top of blue box.
- ✓ Boxboard (such as cereal, tissue, toothpaste, laundry detergent and cracker boxes). Remove liners and plastic attachments. Flatten and stuff tightly into a boxboard box or bundle with corrugated cardboard; set beside blue box.
- ✓ Paper egg cartons. Flatten and place inside a boxboard box or bundle with corrugated cardboard.
- ✓ Grocery bags, bread and sandwich bags, outer milk bags, frozen vegetable bags, dry cleaning and merchandising bags. Remove and discard receipts, tags, food, drawstrings and plastic handles. Stuff all bags and packaging into one bag and tie handles together. Place under a heavier item beside blue box.

INSIDE THE BLUE BOX:

- ✓ Clear or coloured glass bottles and jars. Place inside the blue box.
- ✓ Plastic bottles and jugs. Place inside blue box.
- ✓ Aluminum pie plates and food trays with all food residues removed.
- ✓ Metal food and beverage cans, aluminum pie plates and trays. Place inside the blue box.
- ✓ Empty aerosol cans, and empty paint, stain, and varnish cans. Place cans and metal lids inside the blue box.

TIPS:

- PREPARE RECYCLABLES AS DESCRIBED ABOVE.
- PLACE YOUR RECYCLABLES OUT FOR COLLECTION BY 7:00 A.M. AND ONLY WHEN THE BIN IS FULL.

UNACCEPTABLE MATERIAL

DO NOT RECYCLE...

- ✗ Carbon paper
- ✗ Coat hangers
- ✗ Drinking boxes
- ✗ Drinking glasses, mirrors, or window glass
- ✗ Hard covered books
- ✗ Light bulbs, china, or ceramics
- ✗ Medical containers (pill bottles, needles, etc.)
- ✗ Motor oil, transmission or brake fluid containers
- ✗ Pesticide, herbicide, flammable liquid or corrosive material bottles
- ✗ Toys
- ✗ Waxed paper or coated cardboard / boxboard (milk cartons, etc.)
- ✗ Wide mouth containers or lids (yogurt and margarine tubs)

NEED A BLUE BOX?

A blue box will be supplied to each household. To order one please call the **Recycling Hotline (905) 545-4480**, for details. Blue bins may also be purchased at your local Canadian Tire store for around \$10. Blue bags are available in most grocery stores and are suitable substitutes for a recycling bin. Alternatively, you can use an old laundry basket, plastic crate or bin and place it beside your neighbour's blue box. Make certain recyclables are easily visible through the container. If they are not, the collection crew may not know to take them.



TIPS:

- SEPARATE RECYCLABLES FROM YOUR REGULAR GARBAGE CANS AND BAGS BY AT LEAST THREE FEET.
- PLACE YOUR BLUE BOX NEXT TO YOUR NEIGHBOURS.

RECYCLING



Frequently Asked Questions

WHAT MATERIALS ARE CONSIDERED HAZARDOUS?

Paint, bleach, mothballs, pesticides, antifreeze, gasoline, wood preservatives, propane, lighter fluid, turpentine, used oil, BBQ starters, batteries, cleaners, pool chemicals, furniture polish, outdated medicines, photographic chemicals, full/partial full paint and aerosol cans, syringes.

WHERE CAN THE HAZARDOUS ITEMS BE DISPOSED?

At the Hazardous Waste Depot, located at 239 Lottridge St. North.

WHAT ARE THE HOURS AT THE HAZARDOUS WASTE DEPOT?

It's only open on Saturday's from 9:00 a.m. until 5:00 p.m.

IS THERE A FEE TO DISPOSE OF HAZARDOUS WASTE?

The first 40 Litres are free for Hamilton-Wentworth residents only.

Tips & Facts

CONSERVE WHILE CLEANING

- ✓ Use newspapers, not paper towels to wipe windows clean.
- ✓ Shred old T-shirts and sheets to use as rags.
- ✓ Use sponges, not disposable paper towels.

REDUCE HAZARDOUS WASTES IN YOUR HOME...

- ✓ Use only the amounts recommended on package directions.
- ✓ Buy only what you need
- ✓ Ensure proper disposal.
- ✓ Use safer, non-toxic alternatives.

Household Hazardous Waste



MERCURY

Mercury is a metal and is a naturally occurring element. Mercury has been used in many household products, such as thermostats, thermometers and electrical switches. Although mercury performs many useful functions at home and in the workplace, it is toxic and dangerous to our health and the environment.



Many household products contain mercury, however, these items pose no threat to you and your family when used properly. This can be hazardous if improperly disposed of or misused. In fact, it only takes 3 grams (that is 1/25th of a teaspoon) to contaminate a 60-acre lake.

WHAT CAN I DO?

Some common household products contain mercury. Start by using alternative cleaners, see pages 14 and 15 of this guide, for recipes. A home mercury audit is available by calling Green Venture at (905) 540-8787 or by scheduling a 20% Club Homeowner Consultation and we will conduct a mercury audit.

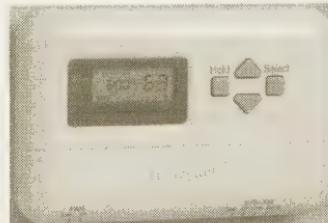
MERCURY THERMOSTAT REPLACEMENT AND RECYCLING SERVICE

If you have a mercury thermostat (non-programmable or dial) in your home, you can replace it with an electronic or programmable type. Green Venture operates a mercury thermostat replacement program that will safely remove and dispose of your mercury thermostat and replace it with a mercury-free programmable thermostat that will save you energy and money.

Call (905) 540-8787 for details.

If you have been storing an old thermostat and are not sure what to do with it, you can take it to

Green Venture at 150 Main Street West, Suite 530 (Main Street West and Caroline Street) or deposit it with your other household hazardous waste at Hotz Environmental, 239 Lottridge Street, Hamilton.



HOUSEHOLD HAZARDOUS WASTE

A Trip to the Household Hazardous Waste Collection Depot...



STEP #1

Check around the home for products which you should not put in your regular garbage.



in the bathroom

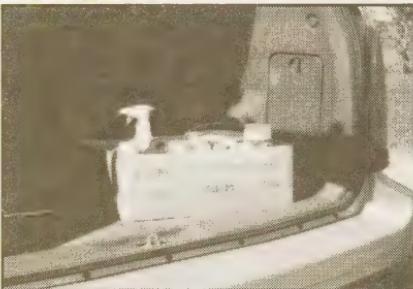


under the sink



in the workshop/garage

STEP #2



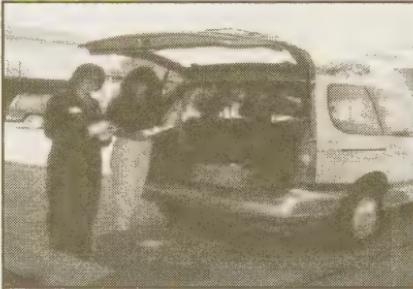
Load up the Trunk.
Make sure all items are
labeled or identifiable
and won't leak while transporting.

STEP #3



The HHW Depot is currently operated by
Hotz Environmental Services, located at
339 Lottridge Street, Hamilton,
Open Saturdays ONLY 9:00 am-5:00pm

STEP #4



Help is waiting to unload. The HHW
depot is open to all residents of
Hamilton-Wentworth, FREE of
charge up to 40 Litres of waste.

STEP #5



Depending on the waste, some
material is made available to other
visitors for REUSE, from the
"Reuse Shed" free of charge.



Household Hazardous Waste Collection Depot...



WHO? Hotz Environmental Services operates Hamilton-Wentworth's household hazardous waste disposal depot.

WHERE? 239 Lottridge Street (north of Barton, between Gage and Sherman), Hamilton.

WHEN? Waste is accepted from Hamilton-Wentworth residents free of charge every Saturday from 9:00 am to 5:00 pm. Limit 40 litres.

WHAT? ACCEPATABLE WASTE

Disinfectants, bleaches, mothballs, pesticides, antifreeze, paint, wood preservatives, gasoline, propane, lighter fluid, turpentine, used oil, BBQ starters, batteries (auto and dry cells), cleaners, (liquids and powders), pool chemicals, furniture polish, nail polish, outdated medicines, photographic chemicals, etc. full/ partially full paint and aerosol cans, syringes, etc.

ALL PRODUCTS MUST BE SEALED AND LABELLED.

UNACCEPATABLE WASTE

Radioactive waste, biological or pathological waste, ammunition, explosives, and PCBs.

CALL: SPECTEL

For update on the Hazardous Waste Program
(905) 521-5600 code 7491.

Region's "SPILLS ACTION LINE"

To report illegal dumping and accidental spills.
(905) 540-5188.

HOUSEHOLD HAZARDOUS WASTE



Alternative Cleaners

CLEANERS

All-Purpose Liquid Cleaner:

- Mix 1 L hot water, 15 mL soap flakes, 30 mL borax, and a dash of vinegar or lemon juice.
- Mix 2 tbsp baking powder, 1/2 cup white vinegar, and 1 gallon warm water.

Abrasive Cleaner:

- Sprinkle baking soda on any surface and scour with a damp cloth; rinse well.

Carpet/Upholstery Cleaner:

- Clean carpet or upholstery stains immediately with cold club soda; sprinkle cornstarch on the rug, wait 1/2 hour and vacuum.

Drain Cleaner:

- Clear a clogged drain by pouring a mixture of 250mL baking soda, 250mL salt, and 125mL white vinegar down the drain; cover with a stopper for 15 minutes.
- Another way to clear clogged drains: pour 1/4 cup baking soda and 1/2 cup vinegar into drain; wait for it to fizz, then rinse with hot water.
- Open drain with a metal snake or plunger; keep drains odour free by rinsing with boiling water twice a week; prevent odours and clogs - avoid pouring liquid grease into drains.

DISH WASHING:

- Soap flakes and warm water.
- Lemon slices to cut grease.

DISINFECTING:

- 1/2 cup borax in 4L warm water (used in hospitals).

GLASS CLEANER:

- Mix 1 cup vinegar and 1 cup warm water.
- Use newspapers instead of paper towels to wipe glass.

HOUSEHOLD AIR FRESHENERS:

- Keep house clean and well ventilated.
- Boil cinnamon and cloves in water.
- Place 30-60mL baking soda or vinegar in small bowls around the house or in the refrigerator.

KETTLE DESCALER:

- Boil 1 part vinegar with 2 parts water in kettle for 15 minutes. Rinse thoroughly, then boil full kettle of water for 15 minutes.

Alternative Cleaners

LAUNDRY:

Washing Powder:

- 5 cups pure soap flakes and 1 cup washing soda.

Fabric Softener:

- 1/2 cup baking soda used in final rinse.

Whitener:

- 1/2 cup borax.

Starch:

- Shake 1 Tbsp cornstarch and 1 cup water in spray bottle.

Grease Remover:

- Damp cloth dipped in borax.

Mould and Mildew:

- Apply vinegar with toothbrush or scrub with baking soda.

OVEN CLEANER:

- Always use a baking sheet when cooking to catch overflows.
- Immediately scrub area after the oven has cooled with a paste-like mixture of baking soda and water.
- Mix 30mL liquid dish soap and 15mL borax in a 1L spray bottle and spray soiled area; wait one hour and scrub with steel wool.

SPOTS AND STAINS:

- Baking soda and soda water.

WINDOW CLEANER:

- Mix 1 part vinegar to 5 parts water and store in a spray bottle.
- For a shine, buff and clean with old newspapers; when cleaning windows, wipe off solution as quickly as possible because direct sunlight will cause streaks.

POLISHES

(Metal) Copper:

- Rub with lemon juice and salt or hot vinegar and salt; polish with a soft cloth.

Silver:

- Rub with baking soda and water.
- Mix 1 L warm water, 15mL baking soda, 1mL salt, boil, and add a small ball of aluminum foil; drop in silver and let boil for three minutes; polish with a soft cloth. (Do not use on silver plating.)

Chrome:

- Rub with undiluted vinegar using a soft cloth.

Furniture Polish:

- For wood surfaces apply a mixture of 1 part lemon juice to 2 parts vegetable or mineral oil and polish with a soft cloth; sprinkle with cornstarch and rub with a soft cloth to add shine.



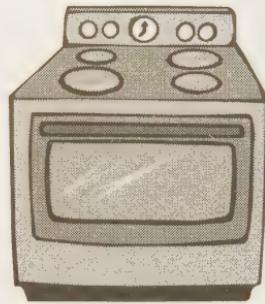


White Goods Appliance Recycling

If the appliance is still serviceable, try to make arrangements with a charitable organization for pick up. Canadian Waste Services will pick up non-useable items at no charge or you can drop off items at the White Goods Facility.

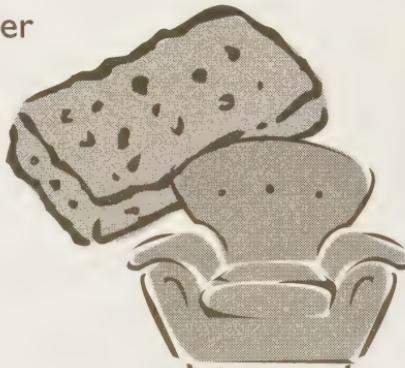
YOU CAN RECYCLE:

- ✓ Stoves
- ✓ Ovens
- ✓ Fridges
- ✓ Freezers
- ✓ Clothes Washers
- ✓ Clothes Dryers
- ✓ Dishwashers
- ✓ Dehumidifiers
- ✓ Hot Water Tanks
- ✓ Window-Mounted Air Conditioners



For information on the location of the White Goods Facility or pick up schedule for your area, please call
(905) 573-6183 or 1-800-330-0868 before you set out your items.

If you need collection of other large/bulky household items such as tables, chairs, chesterfields, mattresses, box springs, TV's and microwave ovens, call your local Public Works Department in the blue pages of your phone book.

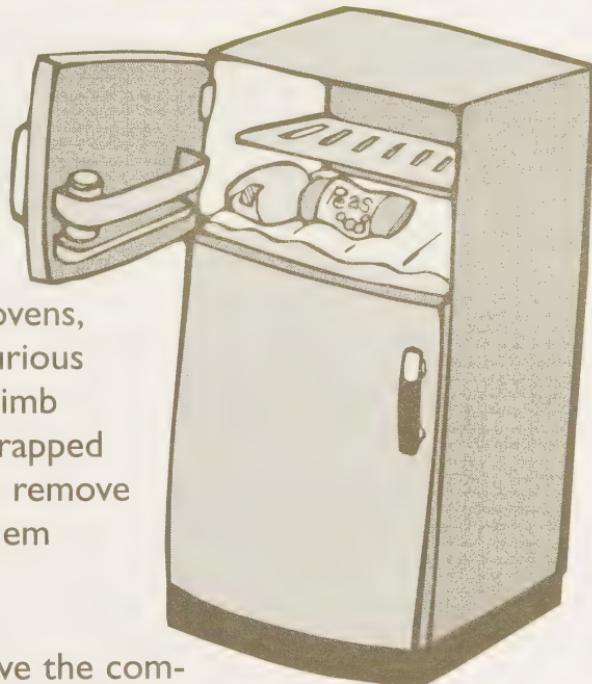


What are "CFCs"?



Cooling agents used in refrigeration equipment contain man-made chemicals called chlorofluorocarbons (CFCs). CFCs are found in the coolant lines and compressor oils of typical household appliances. To assist homeowners in disposing of household items properly, the Region has hired a contractor with trained staff to collect appliances and remove the CFCs in a manner which does not allow any of the CFCs to leak into the environment. To find out when the next collection day for your area is call the **"WHITE GOODS"** Hotline.

Have safety in mind when you set out appliances which have doors with rubber seals (refridgerators, ovens, dishwashers). Curious children could climb inside, become trapped and suffocate, so remove doors and set them beside the unit.



DO NOT remove the compressor or any of its parts or cut any of the refrigerant lines after you put it out at the curb. Not only does this allow CFCs to leak out but anyone caught doing so can be fined up to \$2000.00 for scavenging under local municipal bylaws.



Frequently Asked Questions

DO I HAVE TO ADD STARTER OR SOMETHING?

Not at all, there are some products on the market but if you follow the rules of starting on aerated soil with some larger compostables, and continue to layer brown, green, soil and moisture it will make the difference.

CAN I THROW THE GARDEN WEEDS IN?

Maybe! Crabgrass is not allowed it will continue to grow. Most weeds that are not in the seed bearing stage are okay - we don't want to be planting weed seeds in our garden, and that is where the compost will end up as a finished product.

HOW ABOUT HEDGE CLIPPINGS?

Some - anything that is really woody takes a long time to decompose, so you can chop it up or shred it up and add to the compost in small quantities. New growth hedge clippings haven't attained the "woody" quality yet and can be added in layers, moderation in all things.

CAN I COMPOST IN WINTER?

Continue composting throughout the winter months. Even though the process slows down and usually stops during cold weather, the freeze/thaw cycle helps compost to break down faster once temperatures rise. In the spring, organic waste will decompose rapidly. You may want to speed up the composting process by insulating the bin with a thick, dark plastic sheet, old carpeting, or thick layers of leaves, hay, or straw. If properly insulated, the pile will not freeze and must be turned often.



Tips & Facts



BACKYARD COMPOSTING

TIP: If you accumulate a lot of material you may want to speed up the process by insulating the bin with old carpet, straw, an old tarp of a dark colour or just the bags of leaves leftover from the fall. The pile will not freeze in this case and will require more frequent turning, as in the hot weather.

TIP: If compost gets to be very dry, use a pail of water from the rainbarrel and give it a drink, damp sponge wet is the rule - unless you want to stick your hand in and check - eyeball it.

TIP: Rhubarb leaves can not be composted, but you can make up an organic bug spray with them, which is just as good as composting them. See recipes in the Lawn and Garden section (pages 30-31).

TIP: Sawdust can be added to the compost as a brown layer, but be sure not to add sawdust from treated wood, the treatment will kill all the little organisms that are doing the work for the composter.

TIP: To speed up the compost process, chop or shred material; maintain proper moisture levels; and alternate green and brown materials. For best results, use one part green vegetation to one part brown material.

TIP: Save dry leaves from autumn and add to compost pile during the winter.

TIP: Nuts, pits, and wood material break down slowly. Sift finished compost through a 0.6 - 2.5 cm wide mesh screen or rake out material and return to the compost pile.



BACKYARD COMPOSTING

*Good for Managing Waste
& Good for the Environment*



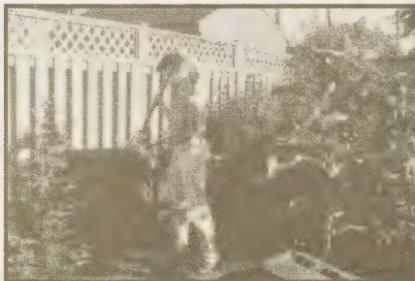
STEP #1

FIND a sunny spot for the composter.



STEP #2

ADD vegetable cuttings and other compostable items.



STEP #3

TURN the compost to add air. Use a spade or pitchfork.



STEP #4

COVER newly added material with a layer of soil or finished compost.



STEP #5

ADD water to keep compost moist.



STEP #6

SHOVEL out Humus from the bottom.

Good for Managing Waste & Good for the Environment



STEP #7

Put **FINISHED** Humus on gardens, flower beds or lawns.



COMPOSTABLE MATERIAL

- ✓ Bread, Pasta
- ✓ Coffee Grounds & Filters
- ✓ Corn Cobs
- ✓ Egg Shells
- ✓ Filters
- ✓ Grass Clippings (non-treated)
- ✓ House Plants, Flowers
- ✓ Mulched Leaves
- ✓ Nut Shells
- ✓ Sawdust (non-treated wood)
- ✓ Shredded Paper
- ✓ Straw, Hay
- ✓ Tea Bags
- ✓ Vegetable and Fruit Peelings
- ✓ Weeds (before seeding)
- ✓ Wood Ashes
- ✓ Wood Chips

DO NOT COMPOST

- ✗ Cat / Dog Droppings
- ✗ Charcoal / Coal Ashes
- ✗ Crab Grass
- ✗ Dairy Products
- ✗ Diapers and Sanitary Products
- ✗ Diseased or Infected Plants
- ✗ Fats (Cheese, Salad Dressing)
- ✗ Grass Clippings (chemically treated)
- ✗ Meat and Bones
- ✗ Oil or Oily Foods
- ✗ Rhubarb Leaves
- ✗ Unshredded Woody Yard Waste
- ✗ Walnut Shells or Leaves



BACKYARD COMPOSTING

BACKYARD COMPOSTING



Backyard Composting

SYMPTOMS	PROBLEM
• bad odour	• not enough air, or too wet
• centre of pile is dry	• not enough water
• damp and warm in middle, but nowhere else	• too small
• damp and sweet smelling	• lack of nitrogen
• slow decomposition	• pieces too large
• insect or animal pests	• meat, fish, fatty foods or dairy products in composter
• nothing appears to be happening	• compost is dry • compost is frozen • poor carbon:nitrogen ratio
• compost is too wet	• poor drainage • soaked from rainfall • lack of air

Backyard Composting



SOLUTIONS

- turn it or add dry material
- moisten materials, while turning
- collect more material and mix the old ingredients into a new pile
- mix in nitrogen source, such as grass clippings, fresh manure, bloodmeal, or a compost accelerator
- chop it up
- avoid adding these; dig in all food wastes or cover with new soil
- moisten and mix thoroughly
- decomposition will resume in spring
- add green or brown material
- have patience - composting can take from two months to a year
- move to a location with proper drainage
- add dry leaves; use a lid
- aerate with pitchfork, shovel or aerating tool

BACKYARD COMPOSTING



Frequently Asked Questions

WHAT IS WORM COMPOSTING?

Worm composting, also known as vermicomposting, is simply composting with worms. It is a 100% natural process by which worms and micro-organisms convert organic waste into a black sweet-smelling humus that may be used as a nutrient-rich soil conditioner. Since worms cannot withstand cold temperatures, worm composting is not only ideal for houses but is excellent for apartments, condominium dwellers, schools and offices.

WHAT TYPE OF WORMS DO I NEED?

Red worms or red wiggler are best. Why? Because they eat and expel their own body weight every day, this means nutrient rich castings will be produced very quickly. Red worms are prolific; they will double in number before the year is out! Then you can share with a friend or take in someone else's kitchen scraps if they haven't got a composter, like your grandmother or neighbour.

WHERE CAN I GET RED WORMS?

We have them here at Green Venture and can sell you a pound which will take care of all the scraps of a two person household, or a 4 person household that doesn't eat a lot of fruit and vegetables.

WHERE CAN I KEEP THEM?

In a dark bin, in the kitchen or the laundry room as long as the temperature does not drop below 4°C. Your kids could keep them in their room, like a hamster, but they really do not like to come out and play.

HOW OFTEN SHOULD I HARVEST THE CASTINGS?

Every 2-3 months, when the original bedding has turned not an indistinguishable mass. By hand or trowel move the contents of the bin to one side, and add new food to the new bedding on the opposite side. The worms will leave the old pile for the new one in search of food. After one day at most, remove all the finished castings and use for your plants and gardens.

Vermicomposting



WHY DOES IT SMELL?

There may be too much food - stop feeding them for a while and they will catch up. The bedding may be too wet, check for drainage holes or add more dry bedding. The contents of the bin may be acidic, add some clean crushed egg shells. Maybe it is time to harvest the castings, mark on the container when it was last done so you don't have to guess. You should indicate the last feeding spot as well on the bin.

ODOURS: Unpleasant odours may occur because...

PROBLEM	SOLUTION
• too much food	• stop feeding them for a week or so
• bedding is too wet or compact	• check for blocked drainage holes or make more
• bedding is too acidic	• add rinsed, dried, and finely crushed egg shells
• harvesting is required	• time to put in new bedding and remove the old





VERMICOMPOSTING

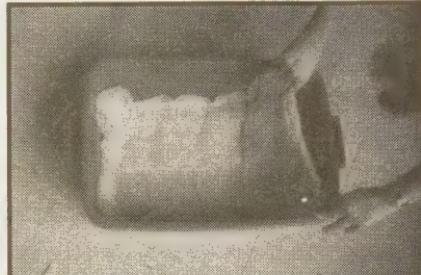
Vermicomposting

Ideal for under the sink in apartments, offices and classrooms!



STEP #1

For drainage **DRILL** 4-5 holes in the bottom of the bin and in the lid to allow air ventilation.



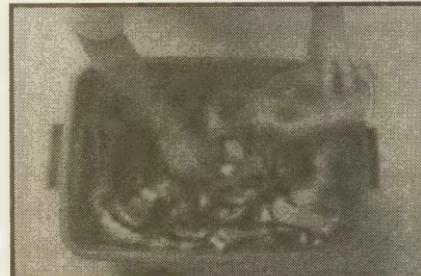
STEP #2

LINE bottom with a cheese cloth to prevent worms from escaping and raise bin on bricks or blocks and place a tray under to catch extra moisture.



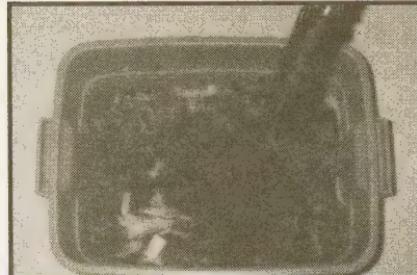
STEP #3

Add **SHREDDED** newspaper mixed with equal parts soil to make up the bedding.



STEP #4

Add **WATER** to bedding and mix until bedding has consistency of a wet sponge.



STEP #5

Add **WORMS** to bedding.



STEP #6

Add **FOOD** scraps. Bury the feed in different areas each time you feed. To keep track mark the days of the week on the bin.

Vermicomposting

Ideal for under the sink in apartments, offices and classrooms!



STEP #7

HARVEST once bedding is indistinguishable by moving contents of bin to one side, add new bedding and food scraps to the other side. Leave overnight and worms will have left original bedding for new bedding and you can easily harvest.



ACCEPTABLE FOOD

- ✓ Clean, Crushed Egg Shells
- ✓ Coffee Grounds & Filters
- ✓ Fruit Peelings
- ✓ House Plant Clippings (that HAVE NOT been sprayed with insecticide)
- ✓ Tea Bags (including the bag)
- ✓ Vegetable Peelings

UNACCEPTABLE FOOD

- ✗ Dairy Products (butter)
- ✗ Diseased or Infected Plants
- ✗ Meat Scraps
- ✗ Oil or Oily Foods
- ✗ Starches (bread, pasta)





Lawn & Garden Tips

- Enrich flowers and vegetable gardens. Spread layers of compost, up to 7.5 cm deep, and dig well into soil before planting.
- Make a compost tea. Fill a watering can with equal portions of finished compost and water; stir. Water plants, flowers, lawns, and vegetables.
- Make a nutrient rich potting soil for house plants. Combine equal amounts of compost, soil, and sand.
- Add a handful of compost to the plant hole when transplanting.
- Place in seedling rows before planting.
- Sprinkle as a topsoil around the base of plants.

Disposal of Yard Wastes:

Leaves:

- Try composting leaves separately. Pile leaves in a corner section of your yard protected from wind.
- Store leaves in garbage bags or a pail and add in small amounts to your compost as a carbon source.
- Shred leaves with a lawn mower; place in garbage bags; moisten; close bags; and wait until spring. In spring, leaf mould will have formed. Dig leaf mould into your garden to lighten soil or add to compost for further decomposition.
- Store leaves in a bag. At the end of the growing season, put a thick layer of leaves on beds of root vegetable to insulate. Mark spot with brightly painted sticks. In winter, you will be able to have fresh parsnips, rutabaga, and carrots in your garden.



- **RECYCLE GRASS CLIPPINGS BY LEAVING THEM ON THE LAWN AFTER MOWING.**

Recycling grass will reduce the need for fertilizers, keep the lawn green, and save water, time, and money. The best way to make “grasscycling” work is to cut grass when it is 7.5 cm high. Cut 2.5 cm (1") leaving the lawn 5 cm high. Clippings will then quickly break down.



- Use wood yard waste, leaves, and dried grass clippings as a mulch around trees, shrubs, and other perennial plantings. Wood materials up to 2.5 cm (1") in diameter should be shredded or chipped first. For flower and vegetable gardens, use non-wood mulch material.

TREES

Trees provide many benefits to the community as they filter the air by absorbing carbon dioxide, save energy by providing a natural replacement for home heating and cooling system, and improve neighbourhood aesthetics by looking great!

Trees are very important for improving local air quality. One large tree can provide a day's oxygen for four people!

TREE PLANTING

Every year, beginning in the spring, Green Venture, in partnership with Hamilton-Wentworth and other community partners, operates a subsidized tree-planting program. Ordering a tree through the program gets citizens a lower price that they would get at the nursery and advice on the best spot to plant it. All trees are native species and adaptable to local soil and climatic conditions, which require less water and pesticide use. Plant a tree and breathe easy!





Alternatives to Pesticides

PESTICIDE FREE SOLUTION

ANTS



APHIDS



BUGS (in general)



BUGS (in general)



CINCH BUGS & GRUBS



COCKROACHES & SILVERFISH



FRUIT FLIES



INSECT REPELLANT



JUNE BEETLES, BLACK SPOT OR FUNGUS



SLUGS, SNAILS & EARWIGS



SPIDER MITES OR CABBAGE WORMS





PESTICIDE FREE SOLUTION

Encircle ant burrow opening with a line of red chili powder, paprika, or dried peppermint leaves.

Mix garlic and green onions in a blender; strain; add soap flakes to the liquid. Spray onto garden; leave for 1/2 hour; rinse.

In a blender 1/3 full of water, liquefy 2 bulbs of garlic and 2 cayenne/jalepeno, or haberno peppers. Strain the solids out and add enough water to make 1 gallon. Shake well. Add 1/4 cup of this mixture to 1 gallon of water in a sprayer. For extra strength add 2 Tbsp. of vegetable oil.

Combine 1 garlic bulb, 1 small onion, 1 Tbsp. cayenne pepper, 1-2 cups water. Blend and spray.

Sprinkle a light film of pure soap flakes on the infestes area
OR place cucumber rinds in infested area.

Sprinkle a mixture of borax and icing sugar on infested area, then water normally.

Place 1/2 cup of beer in a small glass jar. Poke a hole in a corner of a plastic bag with a pencil. Dip this corner of the bag into the jar, but above the beer. Secure the bag with a rubberband around the mouth of the jar. The fruit flies will be attracted to the beer, fly into the jar, through the hole in the bag, and be unable to get out.

Plant marigolds around tomatoes and cabbages. Garlic and onions will also prevent insects.

Boil rhubarb leaves in water , spray resulting liquid on affected plants. (Use ONLY on non-edible plants).

Placing a dish full of stale beer in the garden covered by a board or rock.

Mix 2 Tbsp. of table salt and 4 litres of water until dissolved. Spray affected plants.



Water Conservation

Canada has an abundance of fresh water. Why should we be concerned about conserving it?

Water is the most important natural resource on earth. Without it, no living organism would survive. We all depend on water to wash, cook or prepare our food, water our plants, and to drink. Water is continuously recycled; after use, it is chemically treated then returned to our homes. Water that is wasted mixes with "dirty" or used water and becomes contaminated - all must be treated. Each time water is treated it is slightly degraded, the less water we use and abuse, the less we degrade. Conserving water is particularly important for Canadians as we are one of the biggest wasters of water on earth.



YELLOW FISH



Across Canada, school children's groups, scouts and guides have been busy painting yellow fish next to storm drains. These fish are there to remind us that anything entering a storm drain will eventually end up in local streams, Hamilton harbour and Lake Ontario.

Dumping hazardous waste will affect fish and wildlife the most. It is estimated that 4 million litres of used oil is poured into Canadian storm sewers every year. Just one drop of oil will contaminate 25 litres of drinking water. The message of the yellow fish is to stop the pouring of hazardous waste into storm (or any!) drains. Look for the yellow symbol next to storm drains and remember to protect our waterways by disposing of hazardous waste properly, by taking it to Hotz Environmental. (See page 12-23)

Try Some of these tips to reduce your summer water use

- Do not over-water lawns. Excess water will simply run off into storm drains. Lawns require 2-3 cm (1 inch) of water per week. To measure, mark a container and place on lawn when watering.
- Maintain longer grass (6.25 to 7.5 cm). Longer grass will hold water more effectively, reducing the need for watering.
- Prevent evaporation by watering early in the morning or late in the afternoon. Avoid watering during very sunny or windy periods, or during the evening (which may cause fungi growth).
- If you have a pool keep it covered when not in use to prevent evaporation.
- Water plants with left over cold tea or coffee.
- Try low maintenance landscaping. Use grasses, shrubs, trees, and flowers native to the region. Native plants will be best able to survive on the amount of water provided by nature and be more resistant to diseases or insects.
- Using a running hose for washing your car wastes 400 litres of water. Using a bucket, sponge, and a trigger nozzle saves 300 litres of water.
- Don't clean driveways with a hose. Use a rake or broom instead.
- In winter, use sand or finished compost on icy driveways and walkways. The use of salt will pollute ground and surface waters.
- Observe and obey water restrictions.



Tips To Reduce Water Use

indoors: Kitchen

- Clean fruits and vegetables in a partially filled sink.
- When boiling foods, use enough water to just cover foods or try microwaving or steaming which uses even less water.
- Run the dishwasher only when full.
- Do not run the tap to make water colder. Keep a pitcher of drinking water in the refrigerator.

Laundry Room

- Wash only full loads.
- Use the least amount of water possible when washing.
- Use only earth friendly, phosphate-free detergents.
- Limit the amount of laundry detergent.
- Use cold water more often.

Bathrooms

Bathrooms account for 75% of the water consumed inside the home. This room also has the greatest potential for saving water.

- Save 10-20 litres of water each time you shave by filling the basin instead of letting the water run.
- Turn off the tap while brushing teeth. Use short bursts of water for rinsing.
- Select the most effective means of bathing. Take showers for less than 15 minutes. Try a "sailor's shower" turn water off, soap up, then quickly rinse.
- Only flush the toilet when necessary. Never use the toilet as a waste basket for tissues, dental floss, cigarette butts, chemicals, or other items.
- To save even more water each time you flush consider installing a low flow or ultra low flow toilet. Low flow toilets use 6 litres of water with each flush and have the same quality flush as a 13 litre toilet. Low flow and ultra low flow toilets are available at most hardware stores or by calling Green Venture at (905) 540-8787.



WATER CONSERVATION

Tips To Reduce Water Use

- One drop per second wastes 25 litres of water per day. Always turn taps completely off when not in use and check for leaks. Leaks are easy to find and fix, usually with minimal repair costs.
- Leaky toilets can waste 45 litres of water per hour. To determine if there is a leak in your toilet tank, put food colouring in the holding tank and wait at least 15 minutes. If the colour shows up in the bowl without flushing, you have a leak. Water leaking at the base of the toilet requires professional care.
- Install low-flow aerated or non-aerated shower heads or faucets. Aerated devices reduce water in the flow, but maintain the pressure by adding air. Non-aerated models pulse the water as in "shower massages".
- A conventional toilet uses more than 13 litres of water for every flush. That's equivalent to three one-gallon jugs of orange juice! Reduce the amount of water needed to flush by installing a displacement device such as a toilet dam, obtained from a hardware store for less than \$10.00. Or, try filling a 2 L plastic bottle with water and placing it in the holding tank. Each time you flush, you will save 2 litres of water! Ultra low flow toilets are now available that use 6 litres of water per flush, with the same quality flush of a 13 litre toilet. You can find them at your local plumbing supply store or through Green Venture.

OUTDOORS:

Try following some of these tips to reduce your summer water use.

- Catch rainwater run off from your roof, using your down-spout and a rainbarrel.
- Use water from a rainbarrel to provide soft-non-chlorinated water for watering your garden, lawn and for washing your car.
- Rainbarrels will reduce yearly water consumption by up to 27,000 litre, reduce storm run off, and lower your water bills.
- You can purchase rainbarrels at most hardware stores or at Green Venture (905) 540-8787.





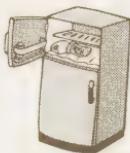
Energy Conservation

Acid rain, polluted water, urban smog, and global warming are just some of the consequences of using and producing energy. The following tips will benefit everyone and the environment. Remember when you save energy you save money on your energy bills.

APPLIANCES:

When purchasing appliances look for the EnerGuide label. The lower the kWh (kilo-watt-hour) shown, the less electricity used. Also, choose the right size appliance. Appliances that are too large will waste energy, and those that are too small will be over worked. Follow the manufacturers directions in terms of space for ventilation, these spaces allow the appliances to run efficiently and cleaning. Turn off all appliances when not in use. Whenever possible purchase natural gas appliances.

- Set temperature between 2 - 5°C and the freezer compartment at - 18°C.
- Defrost foods in the refrigerator. The food will keep the refrigerator temperature down by absorbing heat and you will save on the electricity needed to operate the microwave oven.
- Cool hot food to room temperature before placing in the refrigerator.
- Preheating is unnecessary unless baking.
- Pots should fit the element being used to heat them. Too small a pot wastes energy and too big a pot uses more energy.
- Open the oven door as little as possible. You lose as much as 20% of the heat each time you open the door.
- Microwaves use 50% less energy than conventional electric ovens, use them instead whenever possible.
- Do not use microwave to boil water. It is more efficient to use the stove to boil large quantities or better still use the electric kettle.
- Only run when full.





ENERGY CONSERVATION

Energy Conservation

- Be careful not to overload.
- Wash/rinse clothes in cold water. Cold water rinsing can save up to \$23 per year in electricity costs and enough energy for about 100 hot baths or 200 showers per year!
- Wait for a full load or use a small load setting to wash clothes.
- Use the energy saving drying cycle. If there is not an energy saving drying cycle, try turning off the dishwasher at the end of the rinse cycle and let the dishes air-dry.
- Hang clothes to dry on a clothesline in spring, summer and autumn. This action would prevent 500 kilograms of carbon dioxide from entering the atmosphere.
- If using the dryer, clean lint filter after each use.
- Switch on the Energy Star™ power management feature on my computer monitor. It will save \$81 in electricity costs per year.

LIGHTING:

- Turn all lights (and appliances) off when not in use, even if for a short time.
- Use timers, dimmers, and motion sensor lights to reduce light output and allow for the desired level of lighting.
- Dust bulbs often. Dust-free bulbs are more efficient since layers of dust lower lighting levels.
- Look for energy saving bulbs in a slightly lower wattage; 34, 52, and 90 watt bulbs replace the traditional 40, 60, and 100 watt bulbs with only a slight difference in light output.
- Try compact fluorescent bulbs which consume 70% less energy and provide the same white light as incandescent bulbs. Even though compact fluorescent bulbs cost more initially, 10 incandescent replacements will be needed by the time one compact light bulb burns out.





Energy Conservation

When purchasing compact bulbs look for ones having separate or built-in adapters which fit into existing sockets.

- Use halogen bulbs which produce slightly whiter light, last 2-4 times longer and use 40% less electricity than incandescent bulbs.

WATER HEATERS:

- Insulate hot water pipes particularly the pipe coming directly out of the water heating.
- Set the temperature of your water heater to no higher than 54°C or 134°F. At this temperature you will avoid bad scalds and be saving energy.
- Use vacation setting on hot water tank when away on holidays.
- Insulate hot water tank by wrapping it with an insulation blanket.
- When possible purchase a natural gas hot water heater, it will heat water twice as fast as electric water heaters at a lower cost.

HEATING AND AIR CONDITIONING:

Take advantage of the natural heat provided by the sun whenever possible. Open your curtains in the winter during the day to the sun in, closing them in the evening to keep the heat in. During the summer keep curtains closed during the day, but still allowing any breezes to flow through.

- Clean and/or replace furnace filter monthly. A dirty furnace filter affects the performance of the furnace, making the motor work harder, using more energy and affecting the air quality in your home.
- If possible invest in a programmable thermostat to help reduce heating/cooling costs. It allows you to pre-program the times during the day you will be at home for the furnace to be one, and to be set lower when you are not.
- Keep return air grills, hot air registers, radiators and space heaters/baseboards clear of furniture, rugs and drapes to allow free movement of air.



- Invest in radiator reflectors which save energy and on heating bills.
- Since heat rises, insulate your ceiling well. This insulation can reduce your heating bill by 30%.
- If using the air conditioner turn UP your thermostat a few degrees when it is hot to reduce air conditioning costs.

FIREPLACES:

Woodburning fireplaces are big energy wasters. They actually move heated air up the chimney than they provide. If possible replace woodburning fireplaces with natural gas fireplaces. If you can not replace your wood burning fireplace here are some tips to help you save energy:



- Ensure glass doors are tight fitting and make sure they are kept closed when the fireplace is not in use.
- Close the damper when done using fireplace.
- Seal off an unused fireplace.

AIR SEALING:

Air leakage accounts for up to 30% of a home's heat loss. It can cause problems such as cold spots, drafts, ice dams, and high-energy bills. Common area's to check for air leakage include: windows (especially basement) & doors, window and door trim, baseboards, behind electric baseboard heaters, ceiling penetrations, around the fireplace, around electrical outlets & switches, the attic hatch, around any foundation holes & cracks and the joist header area. Air sealing by weather-stripping and caulking are one of the most cost effective measures you can take to make your home more energy efficient and should always be the first step when trying to solve air leakage problems. Air sealing will also make your home more comfortable.

- Apply weather-stripping around moveable joints (doorsills & jambs, window frames, storm windows and the attic hatch.)



Energy Conservation

- Caulk around all non-moveable joints, (window & door frames, baseboards, and ceiling light fixtures.) Use clear interior latex acrylic caulking. Latex acrylic dries quickly, with little or no odor, and it is paintable.
- Seal mail slots and switch to an outdoor mailbox.
- Seal electrical outlets and switches with foam insulation and childproofing electrical outlet covers on any unused outlets.
- Block door drafts with rubber sweeps.

VENTILATION:

Poor ventilation of heat can lead to poor air quality and cause humidity to build up in the home, particularly in the bathrooms and kitchen. Windows will fog up as condensation is formed. In extreme cases mould will form because of poor air ventilation.

- Install kitchen and bathroom exhaust fans to vent excess moisture and odors directly outside. If no exhaust use windows in these rooms.
- Vent clothes dryer to the outside.

ENERGUIDE FOR HOUSES:

The same EnerGuide label you look for on your appliances can now be obtained for your home. Natural Resources Canada has introduced EnerGuide for Houses, home evaluation tool. Your home's performance is evaluated with this tool to give you a comprehensive, unbiased retrofit outline on how to improve the energy efficiency of your home. After retrofitting your home, it will be more comfortable and your monthly energy bills will be lower. To find out more about home performance evaluations or to have your home performance evaluated call The Home Performance Experts at Green Venture to get your home running at peak performance.



The Home
Performance
Experts

AIR QUALITY



It is estimated that 1800 people in Ontario and up to 321 people in Hamilton-Wentworth die each year as a result of air pollution. Short-term effects of exposure can be felt after only one or two hours outdoors and can persist for up to 18 hours.

SYMPTOMS OF EXPOSURE:

- difficulty breathing
- eye, nose and throat irritation
- wheezing, coughing, and shortness of breath
- lower resistance to infections
- aggravation of existing heart and lung conditions, including asthma and allergies

HIGH RISK GROUPS INCLUDE:

- children
- pregnant women
- smokers
- seniors
- people with asthma
- people with heart & lung conditions
- people with depressed immune systems
- those who spend a lot of time outdoors, especially if exercising

SO DO SOMETHING!

✓ **STAY TUNED.** Listen to local radio and TV stations to learn when a smog day is expected. You can access year round air quality reporting at 1-800-387-7768. Information about air pollution can be found on the web site at or on Environment Canada's web site at www2.ec.gc.ca/smog.

✓ **AVOID EXPOSURE.** Stay indoors if possible, especially after midday. If you must be outside, avoid strenuous exercise, stay clear of high traffic areas, and drink lots of fluids. Kids in particular should not engage in active play outdoors on smog alert days.

✓ **DON'T ADD TO THE PROBLEM.** On smog alert days, avoid idling your car, mowing your lawn, barbequing, laying asphalt and applying chemical pesticides. Limit your use of oil based paints, mineral spirits and aerosol sprays including hairspray and nail polish. Keep all these products sealed tightly. Postpone driving until later in the day, plan trips to make best use of driving time, ease up on the gas pedal and slow your acceleration and braking. Park in the shade to avoid evaporative emissions. Gas up at night, choose the octane level recommended by your vehicle manufacturer, don't overfill your tank, and tighten your gas cap. Carpool, telecommute or take public transit to get to work. Cut down on smoking. If you have central air, set your thermostat no lower than 77°F or 25°C.

✓ **THINK LONG-TERM.** Purchase electric rather than gas-powered outdoor equipment or consider alternatives to the traditional lawn. Eliminate use of oil-and-solvent-based products. Treat your vehicle to regular tune-ups. Walk, bike, take public transit, carpool, or telecommute as part of your regular routine. Make energy efficiency a priority when purchasing any new item.



GUIDE TO THE NATURAL AREAS OF HAMILTON-WENTWORTH

Hamilton has long been termed the “Steel City” due to its reputation for industrial activity. The region is also home to a number of significant natural areas, many of which are within walking and biking distance of the McMaster University campus.

Lake Ontario and the Niagara Escarpment are Hamilton’s defining geographical features and have greatly influenced the city’s development over its 150 year history. The Escarpment provides this Southern latitude with many species rare to Canada in an ecological zone of vegetation called “Carolinian Canada” and thirteen waterfalls can be found along its heights. The Bruce Trail passes through Hamilton on its path from the Niagara peninsula to Tobermory on Georgian Bay. The Lake Ontario Waterfront Trail, beginning in Trenton on the other side of Toronto, crosses the Burlington Ship Canal to continue along the lakeshore at Hamilton’s Beach Strip.

HAMILTON REGION CONSERVATION AUTHORITY

HRCA operates 20 conservation areas in the region, the Dundas Valley and Spencer Gorge Wilderness Area are two of the most spectacular and found closest to campus. The Dundas Valley features 40 kilometres of trails for hiking, cycling, horseback riding, and cross-country skiing. Maps are available at the Trail Centre (found along the Jerseyville Rail Trail) showing trails and the three heritage buildings on the property. Spencer Gorge offers a magnificent city-view from Dundas Peak, as well as a trail by Webster’s and Tew’s Falls, second only to Niagara Falls for their heights and waterflow. Join the trail from Dundas or off Harvest Rd. on the Escarpment. Valens and Christie lake Conservation Areas each have 10 kilometres of trails. For more information, call 525-2181 or visit www.hamrca.on.ca.

ROYAL BOTANICAL GARDENS

In addition to its horticultural displays, the RBG also maintains several conservation areas with hiking trails.

GUIDE TO THE NATURAL AREAS OF HAMILTON-WENTWORTH

COOTES PARADISE - SOUTH SHORE

This shoulders the McMaster campus and is accessed behind Brandon Hall, Hedden Hall, the Ivor Wynne Centre, Cootes Drive and Churchill Park. Places to note are Sassafras Point, the fish barrier, Cootes Restoration Project sites, and Princess Point (skating and cross-country skiing in winter). Cootes Paradise - North Shore and Rock Chapel/Borer's Falls (with a view from the Escarpment) are only a little farther away, located off Olympic Dr. from Dundas. The Hendrie Valley is accessed from the bike path at Dundurn Castle and leads through a marsh boardwalk to the RBG main gardens. The RBG Nature Interpretative Centre is located off Plains Rd. West, Burlington.

BRUCE TRAIL

The Bruce Trail Association publishes a guide book covering the details of the entire system. Nearby access points include:

- RBG Arboretum (Bruce Trail Headquarters located here)
- Dundas Valley Conservation Area
- Spencer Gorge Wilderness Area
- Chedoke Radial Trail

Look for the white trail blaze markings painted on trees.

RED HILL VALLEY*

Red Hill Creek is the last natural creek left of 14 creeks that once flowed through Hamilton. It accounts for more than a third of Hamilton's parkland and contains several significant archeological sites dating early aboriginal inhabitation. Red Hill Valley sports a new multi-use trail and features two waterfalls: Albion Falls and Buttermilk Falls. A proposal to build an expressway down the middle of the valley has seriously divided the Hamilton area for more than 30 years.



RAIL TRAILS

Hamilton-to-Brantford: a gravel multi-use path leading from Ewen Rd. (off Main St. West by CNIB) through the Dundas Valley to Brantford, with links to Cambridge and Paris.



NATURAL AREAS

HAMILTON-WENTWORTH CONSERVATION AREAS



CONSERVATION AREAS

CONSERVATION AREAS	
VALENS	295
BEVERLY SWAMP	647
WESTFIELD HERITAGE VILLAGE	132
CHRISTIE	340
DUNDAS VALLEY	1000
SPENCER GORGE	54
BORER'S FALLS	85
TIFFANY FALLS	5
CONFEDERATION PARK	83
FIFTY POINT	73





GUIDE TO THE NATURAL AREAS OF HAMILTON-WENTWORTH

Chedoke Radial Trail: from Mountain Ave. (off Aberdeen), passing through the Chedoke golf course and ski lifts, along the Escarpment up to Scenic Drive on the Mountain.

Chippawa Trail: 15 kilometres multi-use trail linking Hamilton to Caledonia. Start at Stone Church & Dartnell Roads. Partially completed.

Escarpment Rail Trail*: from the Wentworth St. steps, through Mountain Face park, to Red Hill Valley (connects to the Red Hill multi-use trail).

OTHER POINTS OF NATURAL INTEREST

- **Urquhart Butterfly Garden**
Located in Dundas at the end of Desjardins Canal
- **Sam Lawrence Park***
On the mountain brow accessed by the Jolly Cut or the Wentworth Street stairs
- **Hamilton Cemetery, Dundurn Castle & Woodland Cemetery**
Take Dundurn St. towards Burlington
- **Bayfront Park & Pier 4 Park**
Multiuse path on Hamilton Harbourfront; access from Harbourfront Dr. off Bay St.
- **White Chapel Cemetery and Tiffany Falls Conservation Area**
Towards Ancaster along Wilson St.
- **Beverly Swamp***
Hike, mountain bike, and cross-country ski in this highly significant natural area located off Highway 8

** most easily accessed by car or bus from the McMaster campus, and don't forget to check out McMaster's Athletic and Recreation Department's Outdoor Trips for canoeing, horseback riding, nature study, and cycling for outdoor experiences.*

<http://www.athrec.mcmaster.ca>

46 *This section was prepared by Our Shared Home: An Ecomusée Initiative.*

For more information visit our website at www.city.hamilton.on.ca

Directory



DIRECTORY

ACTION 2020

50 Main St. East, Basement West.....540-5758

Action 2020 is a non-profit organization which promotes action toward Vision 2020, Hamilton-Wentworth's blueprint for a sustainable community.

AMITY GOODWILL INDUSTRIES

225 King William St., Hamilton.....526-8481

For Home Pickup.....527-2078

1685 Main Street West, Hamilton.....525-3232

34 Ottawa Street North, Hamilton.....543-1383

1000 Upper Gage, Hamilton.....389-0333

930 Upper Paradise, Hamilton.....574-5076

150 Hwy #8 at Grays Road, Stoney Creek.....664-1141

APPLIANCE/WHITE GOODS

COLLECTION

White Goods Hotline.....573-6183

from 519.....1-800-330-0868

CANADIAN HEARING SOCIETY

HAMILTON REGIONAL OFFICE

255 West Ave. N., Hamilton.....522-0755

TD.....522-1128

CLEAN AIR COURIERS

(Bike Couriers)

P.O. Box 57122 Jackson Station, Hamilton....546-9822

Fast, environmentally friendly service.

Guaranteed to make you smile.

CUMBAE FARMS MEATS

26 King St. West, Dundas.....628-4332

GARBAGE AND LARGE ITEM

COLLECTION INFORMATION

Ancaster.....1-800-330-0868

Dundas.....628-6327

Flamborough/Waterdown..1-800-263-8602

Glanbrook/Mount Hope.....692-9240

Hamilton.....546-2785

Stoney Creek.....643-1261 ext. 271

GOODNESS ME NATURAL

FOOD MARKET

880 Upper Wentworth St., Hamilton..388-8400

GREEN VENTURE

150 Main St. W. Suite 530, Hamilton.....540-8787

HAMILTON PUBLIC LIBRARY, CENTRAL

55 York Blvd., Hamilton (in Jackson Square Mall).....546-3200
(for library hours-recording).....546-3201

HAMILTON REGION

CONSERVATION AUTHORITY

838 Mineral Springs Road, Ancaster.....525-2181

HEARING INSTITUTE

39 Charlton Ave. East, Hamilton...523-7983

565 Sanatorium Rd., Hamilton.....574-5358

HORN OF PLENTY

24 King St. West, Dundas.....627-9980

HOUSEHOLD HAZARDOUS

WASTE DISPOSAL

Hotz Environmental Services (Salvage)

239 Lottridge St., Hamilton.....545-2665

HUMANE SOCIETY SPCA

(HAMILTON)

245 Dartnall, Hamilton.....574-7722

JONES OPTIX

1200 Main St. West, McMaster Medical Centre
.....521-5048

KEEP HAMILTON CLEAN

COMMITTEE (KHCC)

71 Main Street West, Hamilton....522-7053

HOT SPOTS HOTLINE.....546-2785

Organizers of several clean up projects throughout the year, including Pitch-In week (first of May) and the International Coastal Cleanup. KHCC operates a "hot Spots" Hotline where the public can report spots in the city in need of cleanup. For more information check their website at www.city.hamilton.on.ca/pw/khcc.

NEIGHBOUR TO NEIGHBOUR CENTRE

28 Athens (near Mohawk & West 5th), Hamilton.....574-1334

Directory

PEST MANAGEMENT REGULATORY AGENCY
AT HEALTH CANADA.....1-800-267-6315

REGION'S SOLID WASTE DISPOSAL SYSTEM

.....546-4417
Recycling, composting, transfer stations,
household hazardous waste, etc

ST. VINCENT DE PAUL RETAIL OUTLETS

461 Cumberland, Hamilton.....549-3902

SALVATION ARMY FAMILY THRIFT STORES AND DROP OFF LOCATIONS

1037 Mohawk Rd. East, Hamilton.....575-1210
1330 Sandhill Drive, Ancaster.....648-2305

SHORNEY'S OPTICAL

70 University Plaza, Dundas.....627-4488

SPECTEL INFORMATION LINES

.....521-5600

WASTE MANAGEMENT CONTACTS
RECYCLING.....Code 7490
HAZARDOUS WASTE.....Code 7491
TRANSFER STATIONS.....Code 7492
WHITE GOODS COLLECTION..Code 7493

SPILLS REPORTING AND RESPONSE.....540-5188

RECYCLING HOTLINE/MATERIALS RECYCLING FACILITY

1579 Burlington St. East, Hamilton.....545-4480
from 519.....1-800-860-8418

WASTE DISPOSAL/TRANSFER STATIONS.....546-4417

Locations:

Olympic Drive & King St., Dundas
Upper Ottawa & Kilbride Rd., Hamilton
Kenora Ave. & Bancroft St., Stoney Creek

WESLEY CENTRE

195 Ferguson Ave. North, Hamilton....528-5629

LOCAL ENVIRONMENTAL ORGANIZATIONS/ PLACES TO VOLUNTEER

BAY AREA RESTORATION COUNCIL (BARC)

Life Sciences B130S, McMaster University
.....525-9140 ext. 27405
BARC focuses on promoting, monitoring, and
assessing the implementation of the Hamilton
Harbour Remedial Action Plan (RAP).
Members can receive up-to-date information,
by receiving the newsletter or attending
meetings influence planning on Hamilton
harbour issues, and participate in restoration
projects. email: barc@mcmaster.ca

THE BRUCE TRAIL ASSOCIATION

P.O. Box 857, Hamilton.....529-6821
A volunteer/non-profit organization whose
mandate is to secure, maintain, and protect
the natural footpath along the length of
the Niagara Escarpment from Niagara to
Tobermory.

CONSERVER SOCIETY OF HAMILTON & DISTRICT

150 Main St. West, Suite 530, Hamilton
.....540-8787

A volunteer environmental organization
working to educate and encourage people
to adopt a more environmentally friendly
lifestyle.

HAMILTON ENVIRONMENTAL ACTION TEAM (HEAT)

111 Claremont Drive
.....383-3893

HEAT focuses primarily on environmental
education and on the need to exercise
democratic rights and direct more tax
dollars to environmental work.

I.C.O.C. TREES FOR LIFE CANADA

150 Main St., West, Suite 530, Hamilton

.....540-8894
A non-profit, charitable organization
whose main purpose is to provide
information, resources, and materials to
educate children about the critical role
trees play in supporting life on the planet.

Directory

McMASTER ONTARIO PUBLIC INTEREST RESEARCH GROUP (OPIRG)

Hamilton Hall 210, McMaster University
..... 525-9140 ext. 27289

McMaster OPIRG has a resource centre, facilitates research on environmental issues, and upkeeps a naturalization site on campus.

McMASTER STUDENTS UNION ENVIRONMENT COMMITTEE

Hamilton Hall 209, McMaster University
..... 525-9140 ext. 21000

The Committee attempts to inform, educate, and raise awareness of environmental issues within the McMaster and local communities.

OUR SHARED HOME: AN ECOMUSEE INITIATIVE

Ivor Wynne Centre 201B, McMaster University Contact: Wayne Terryberry
..... 525-9140 ext. 23879

The Ecomusée Initiative promotes the active exploration and enjoyment of the Hamilton Harbour watershed by organizing and supporting discovery walks that highlight social, historic, and/or natural themes; by developing and distributing materials for local community education; and by forging partnerships with other community groups active in the region. Volunteers are most welcome.

ROYAL BOTANICAL GARDENS CONSERVATION OFFICE/ PROJECT PARADISE/ NATURE INTERPRETIVE CENTRE

York Blvd. 527-1158

The RBG is geared towards conservation and biodiversity; replanting aquatic plants in Cootes Paradise; and educating the public about these issues.

FRIENDS OF RED HILL VALLEY

Unit 61, 151 Gateshead Rd
..... 664-8796

Friends of Red Hill Valley's goal is to preserve Red Hill Valley as public parkland and prevent the construction of an expressway through it.





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HAMILTON-WE ENVIRO • GUIDE

GENERAL INQUIRIES

546-4417

GARBAGE AND LARGE ITEM COLLECTION

Ancaster.....1-800-330-0868
Dundas.....628-6327
Flamborough.....1-800-330-0868
Glanbrook.....692-9240
Hamilton.....546-2785
Stoney Creek.....643-1261 x 217

GREEN VENTURE

540-8787

RECYCLING HOTLINE

545-4480

519 Area Code....1-800-860-8418

SPECTEL INFORMATION LINES

521-5600

CODES:

Waste Management Contacts.....7490
Household Hazardous Waste Disposal...7491
Transfer Station Disposal.....7492
White Goods Collection.....7493

WHITE GOODS RECYCLING

573-6183

519 Area Code....1-800-330-0868



City of Hamilton / Region of Hamilton-Wentworth
Waste Management Department

Tel: (905) 546-4417 Fax: (905) 546-4473

Visit our website at: www.city.hamilton.on.ca



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